



SOUTH COAST
UROGYNECOLOGY

LAGUNA INSTITUTE FOR
AESTHETIC VAGINAL SURGERY

Pelvic Pain Diary

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Instructions on setting up a ReliefInsite.com account

ReliefInsite.com is a pain diary service that runs on a secure Internet site. This service allows you to enter your pain readings on-line and to grant Dr. Alinsod access to them.

Using ReliefInsite, you can create reports in charts, graphs and notes, based on your input, that can be useful in assessing and tracking your condition. Please print these reports and bring them with you on your next appointment.

Follow the instructions below, and start using this service.

Step 1: Sign-Up

- 1) Go to www.reliefinsite.com.
- 2) Click on the **Sign-Up** button.
- 3) Complete the 4 step registration process and enter "**Dr. Red Alinsod**" in the "Recommended By" box which appears on page 3 of 4 in Sign-Up.
- 4) After your registration has been submitted, go to your **e-mail** account to receive your login details.
- 5) Review the ReliefInsite help text and start making entries in your diary. We recommend you make readings either

a) Weekly; b) Bi-Weekly; c) Monthly; d) When you
experience pain; e) Other_____

Step 2: Confirm. Create Dr. Alinsod as a Sharing Partner

- 1) Log into your ReliefInsite account, and click on **Setup** (located in the upper-right corner of your screen, above your name). Then click on the **Sharing Partners** tab.
- 2) Enter the e-mail address: **red@urogyn.org**. And click the **Submit** button.

Important notes:

- Diary entries are time-stamped and the exact date and time of each is recorded.
- Entries cannot be made earlier than 7 days from the current date.
- While ReliefInsite may help us to better treat you it is not a substitute for regular office visits.